

## **ABSTRACT**

**[The present invention resides in,] Self – cushion airflow shoe[s] ventilating systems and shoe inserts containing and air ventilating system are described herein. The shoes and inserts contain a pumping chamber containing an elongated circular configuration, a first intake air valve connected to the pumping chamber and a first inlet air conduit. A second air outlet check valve is connected to the pumping chamber at one end and to outlet air conduits at the other end. When the pumping chamber is in a pumping mode during use, air is brought in from the outside and circulated through the mid sole and toe regions of the shoe.**